IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant:	Dr. Alex Michalow		
Serial No.	To Be Assigned		
Filed:	Herewith		
For:	SPORTS SPECIFIC TRAINING METHOD AND APPARATUS	Docket No.	52458-224532

COMBINED DECLARATION AND POWER OF ATTORNEY IN ORIGINAL APPLICATION

As a below-named inventor, I hereby declare that:

My residence, post office address and citizenship are as stated below next to my name.

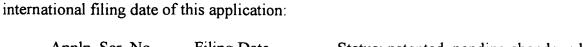
I believe I am an original, first and sole inventor of the subject matter which is claimed and for which a patent is sought on the invention entitled SPORTS SPECIFIC PRAINING METHOD AND APPARATUS, the specification of which is filed herewith.

I hereby state that I have reviewed and understand the contents of the above-identified specification, including the claims. I acknowledge the duty to disclose information which is material to patentability as defined in Title 37, Code of Federal Regulations, § 1.56. I hereby claim foreign priority benefits under Title 35, United States Code, § 119 of any foreign application(s) for patent or inventor's certificate listed below and have also identified below any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed:

Prior Foreign Application(s)

<u>Number</u>	Country	Day/Month/Year Filed	Priority Claimed
None			Yes No
•			Yes No

I hereby claim the benefit under Title 35, United States Code, § 120 of any United States application(s) listed below and, insofar as the subject matter of each of the claims of this application is not disclosed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, § 112, I acknowledge the duty to disclose material information as defined in Title 37, Code of Federal Regulations, § 1.56



which occurred between the filing date of the prior application and the national or PCT

Appln. Ser. No.	Filing Date	Status: patented, pending abandoned
<u>09/435,220</u>	<u>1·1/5/99</u>	Pending

I hereby appoint the following attorneys and/or agents to prosecute this application and to transact all business in the Patent and Trademark Office connected therewith: Mark W. Binder, Reg. No. 32,642; Felicia J. Boyd, Reg. No. 32,683; Lynn C. Cameron, Reg. No. 44,581; John M. Haurykiewicz, Reg. No. 29,311; Kimberly S. Jordahl, Reg. No. 40,998; David B. Kagan, Reg. No. 33,406; Walter C. Linder, Reg. No. 31,707; Matthew S. Luxton, Reg. No. 41,960; Karl G. Schwappach, Reg. No. 35,786; Gary S. Weinstein, Reg. No. 42,217; and Peter J. Georges, Reg. No. 25,867 (counsel's Washington, D. C. associate)..

Address all correspondence to Karl G. Schwappach, FAEGRE & BENSON LLP, 2200 Norwest Center, 90 South Seventh Street, Minneapolis, MN 55402-3901, telephone 612/336-3318.

I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Full name of sole inventor: Dr/Alex Michalow	
Inventor's signature:	10-3-00
Residence: 1255 Tower Road, Bourbonnais, IL 60914	Date
P.O. Address: same as above	

Citizenship: <u>United States of America</u>

M2:20339017.01

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SMALL BUSINESS CONCERN SMALL ENTITY STATUS STATEMENT

I am the owner or an official of the small business concern identified below, and am empowered to act on behalf of the concern.

I hereby declare that the small business concern qualifies as a small business concern as defined in 37 CFR 1.9(d), for purposes of paying reduced fees to the United States Patent and Trademark Office, in that the number of employees of the concern, including those of affiliates, does not exceed 500 persons. For purposes of this statement, (1) the number of employees of the business concern is the average over the previous fiscal year of the concern of the persons employed on a full-time, part-time or temporary basis during each of the pay periods of the fiscal year, and (2) concerns are affiliates of each other when either, directly or indirectly, one concern controls or has the power to control the other, or a third party or parties controls or has the power to control both.

If the rights held by the small business concern are not exclusive, each individual, concern or organization having rights in the invention are listed below, and qualifies as an independent inventor under 37 CFR 1.9(c), if that person had made the invention, or qualifies as a small business concern under 37 CFR 1.9(d) or a nonprofit organization under 37 CFR 1.9(e).

	No	such	person,	concern	or	organization	exists.
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Each such person, concern or organization is listed below. (NOTE: A separate
small entity statement is required from each listed person, concern or
organization.)

I acknowledge the duty under 37 CFR 1.28(b) to file, in this patent, notification of any change in status resulting in loss of entitlement to small entity status prior to paying, or at the time of paying, the earliest of any maintenance fee due after the date on which status as a small entity is no longer appropriate.

I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code, and that such willful false statements may jeopardize the validity of the patent to which this verified statement is directed.

Name of Small Business Concern:

Dr. Alex Michalow

Address of Small Business Concern:

1255 Tower Rd.

Bourbonnais, IL 60914

Name of Person Signing:

Dr. Alex Michalow

Title of Person Signing:

President

Signature:

10/3/00

Date

M2:20339016.01